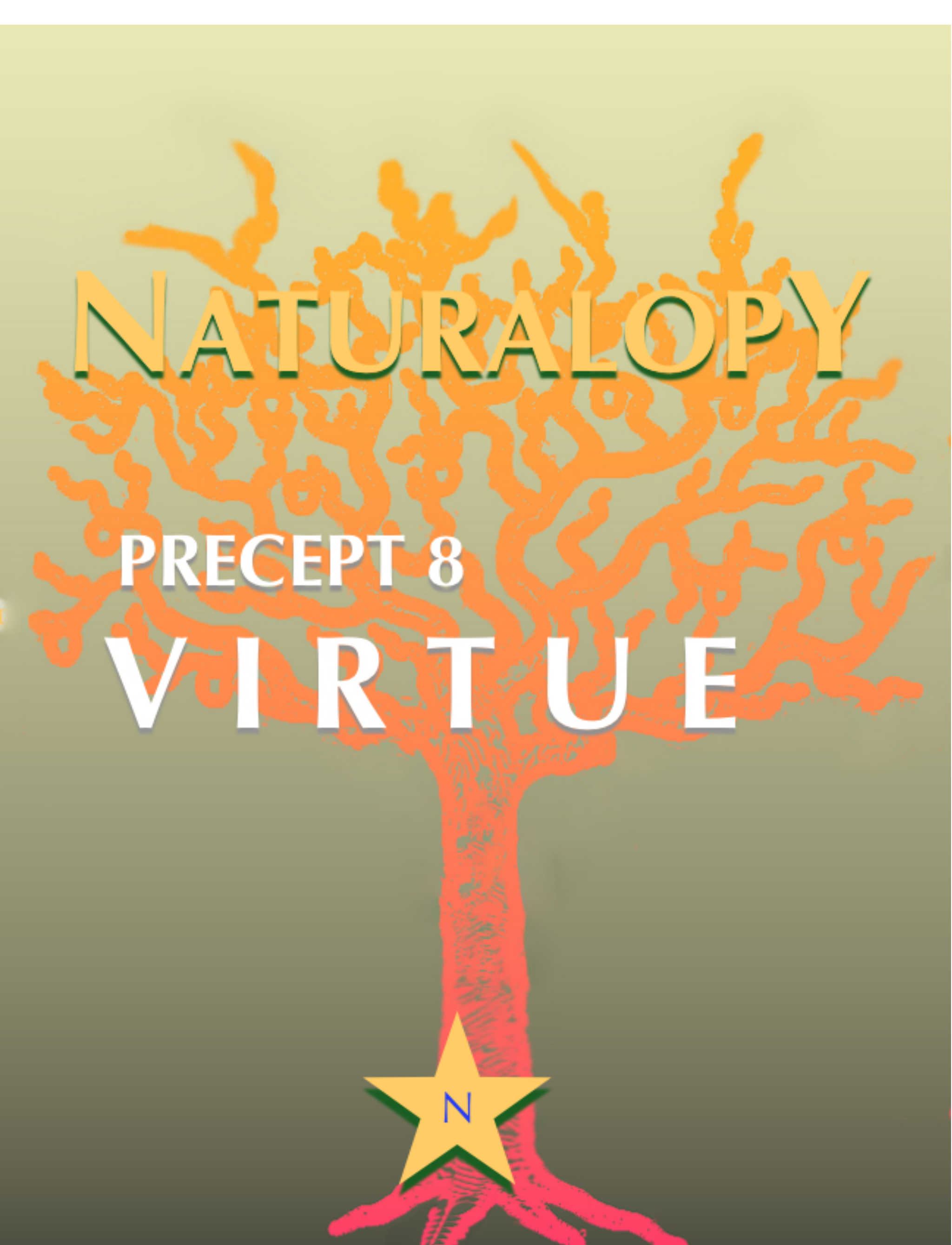


NATURALOPY



PRECEPT 8

VIRTUE





NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- | | |
|-----------------|-----------------|
| 1. Freewill | 11. Happiness |
| 2. Karma | 12. Love |
| 3. Simplicity | 13. Dreams |
| 4. Health | 14. Wisdom |
| 5. Spirituality | 15. Success |
| 6. Compassion | 16. Suffering |
| 7. Purpose | 17. Forgiveness |
| 8. Virtue | 18. Salvation |
| 9. Attitude | 19. Liberty |
| 10. Character | 20. Time |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

PRECEPT 8

V I R T U E



PRECEPT 8

VIRTUE

virtue

goodness, righteousness, character, ethic, morality, value, justice

1. Accordance with moral principles; conformity of behaviour or thought with strictures of morality; good moral conduct.
2. A particular manifestation of moral excellence in a person; an admirable quality.

According to the Greek philosopher and mathematician Plato (428 - 348 BCE), the Four Cardinal Virtues are:

Moderation
(self-control)

Wisdom
(prudence)

Courage
(fortitude)

Justice
(right)



Virtue is more complex than knowing the difference between right and wrong, and moral and immoral. Virtue, when taken as a whole, is a set of values and belief system that guides our decision making process—virtues are our guiding light in life. Although political values, economic values, and legal values may shift, the virtues that encompass moral excellence are timeless across cultures.

As an example, if a person obeys the law to the letter, does that make them virtuous? Not in this day and age. Virtue, not the law, is what determines if someone becomes a good person or a bad person, or someone who is admired or detested. One could agree that lawyers, solicitors (political lobbyists), and politicians are law abiding citizens, but not many would agree that they're moral or ethical. What is legal is not always right, just, or wise. More often than not, moral laws are not the same as legal laws—morality is above legality.

No one is born with virtue. Virtue must be acquired through study and practice—the process of trial and error. Practiced long enough and with many failings, virtue becomes second nature.

The litmus test for morality versus legality is this: would we approve of the action if we were on the receiving end of injustice?

Virtue must supersede law, because men write laws for their benefit, while moral is inherent and universally recognized.

Recommend virtue to your children; it alone, not money, can make them happy. I speak from experience.

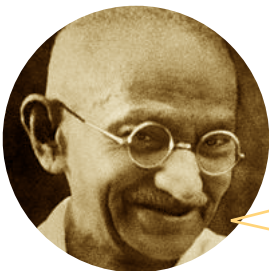


Ludwig van Beethoven

The superior man thinks always of virtue; the common man thinks of comfort.



Confucius



Be the change you wish to see in the world.

Mahatma Ghandi



Quintin Hogg

Whatever else may be shaken, there are some facts established beyond warring: virtue is better than vice, truth is better than falsehood, kindness than brutality.



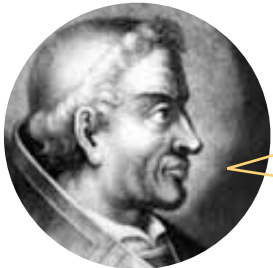
There has to be evil, so that good can prove its purity above it.

Buddha

Only a man of integrity can possess the virtue of honesty, since only the faking of one's consciousness can permit the faking of existence.



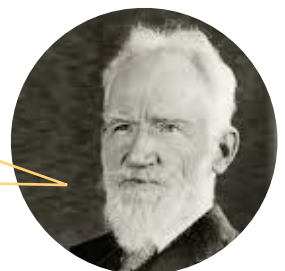
Ayn Rand



When we live habitually with the wicked, we become necessarily their victims or their disciples; on the contrary, when we associate with the virtuous we form ourselves in imitation of their virtues, or at least lose, every day, something of our faults.

Pope Agapet

The liar's punishment is, not in the least that he is not believed, but that he cannot believe anyone else.



George Bernard Shaw

How can one be well when one suffers morally?

Leo Tolstoy



I think honesty is the most heroic quality one can aspire to.



Daniel Radcliffe



Samuel Butler

For most men, and most circumstances, pleasure-tangible material prosperity in this world—is the safest test of virtue. Progress has ever been through the pleasures rather than through the extreme sharp virtues, and the most virtuous have leaned to excess rather than to asceticism.

If you're honest, you sooner or later have to confront your values. Then you're forced to separate what is right from what is merely legal. This puts you metaphysically on the run. America is full of metaphysical outlaws.



Tom Robbins



The first principle of value that we need to rediscover is this: that all reality hinges on moral foundations. In other words, that this is a moral universe, and that there are moral laws of the universe just as abiding as the physical laws.

Martin Luther King, Jr.

One should always be drunk. That's all that matters, but with what? With wine, with poetry, or with virtue, as you chose. But get drunk.



Charles Baudelaire



What is virtue? Reason in practice.

J.J. de Chenier



The more virtuous any man is, the less easily does he suspect others to be vicious.

Cicero



It is not always the same thing to be a good man and a good citizen.

Aristotle

Virtue is not left to stand alone. He who practices it will have neighbours.



Confucius



Values aren't buses. They're not supposed to get you anywhere. They're supposed to define who you are.

Jennifer Crusie

Lead others, not by violence, but by righteousness and equity. He who possesses virtue and intelligence, who is just, speaks the truth, and does what is his own business, him the world will hold dear. As the bee collects nectar and departs without injuring the flower, or its color or scent, so let a sage dwell in the community.



Buddha

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious—think about these things.



Philippians 4:8

Laws control the lesser person. Right conduct controls the greater one.



Chinese Proverb

Few men have virtue to withstand the highest bidder.



George Washington



Always do what is right. It will gratify half of mankind and astound the other

Mark Twain



Our virtues and our failings are inseparable, like force and matter. When they separate, man is no more.

Nikola Tesla

Face your life, its pain, its pleasure, leave no path untaken.



Neil Gaiman



Virtue is like health: the harmony of the whole man.

Thomas Carlyle

Virtue is the fount whence honour springs.

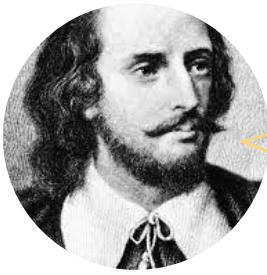


Christopher Marlowe

Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.



Maya Angelou



This above all: to thine own self be true.

William Shakespeare

We become just by performing just action, temperate by performing temperate action, brave by performing brave action.



Aristotle

Wisdom is knowing what to do next; virtue is doing it.

David Star Jordan



As you do not sweeten your mouth by saying honey,
so you do not grow virtuous by merely talking of virtue.



Ivan Panin



John Milton

Virtue may be assailed, but never hurt
Surprised by unjust force, but not enthralled

Whenever you are to do a thing, though it can never be
known but to yourself, ask yourself how you would act
were all the world looking at you, and act accordingly.



Thomas Jefferson

If virtue promises happiness, prosperity and
peace, then progress in virtue is progress in
each of these; for to whatever point the perfec-
tion of anything brings us, progress is always
an approach toward it.



Epictetus

As the flower, when plucked for enjoyment, begins to wither, so does virtue practiced for reward begin to vanish.



Ivan Panin



To educate a man in mind and not in morals is to educate a menace to society.

Theodore Roosevelt



Though you cannot see, when you take one step, what will be the next, yet follow truth, justice, and plain dealing, and never fear their leading you out of the labyrinth, in the easiest manner possible. The knot which you thought a Gordian one will untie itself before you.

Thomas Jefferson

Respect for ourselves guides our morals, respect for others guides our manners.



Laurence Sterne

IF

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,

Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!



Rudyard Kipling

30 Dec. 1865 –

18 Jan. 1936

COURAGE

courage

bravery, audacity, heroism, tenacity, spunk, fortitude, daring, determination

1. The quality of mind that enables one to face danger, fear, and hardship.
2. The ability to do things which one finds frightening.
3. Strength in the face of pain or grief.

Courage comes in two primary varieties: moral courage and physical courage. Moral courage is often attached with fighting for civil rights and basic human rights, whereby physical courage is typically associated with battlefield heroics. Of the two courage, moral courage is more desired, because in the grand scheme of time, military heroic is fleeting. Take John F. Kennedy, Martin Luther King, Jr., and Mahatma Gandhi—their moral courage has outlived their corporeal existence.

As a side note, no coward secretly directing public affairs in the shadow of a “double government” is admired after their death. If these puppet masters are remembered, they’re remembered with contempt; a blight on humanity to be scorned; as parasites and psychopaths, that eventually even their offsprings privately disavow them. There is no honor nor courage in holding people down in order to succeed.

Courage (on a grander scale) is doing what we know is right despite:

- the opinions of others,
- the consequence of unjust law,
- the possibility of bringing harm to ourself and those we love, and
- the opportunity of meeting an honorable and celebrated death.

The greater the courage, the longer the Afterlife. For example, the Greek mythological warrior Achilles was presented with two choices: 1. a long and mundane life, 2. a short and glorious life. Achilles chose the latter. Achilles's mythical courage inspired Alexander the Great, and for Alexander's courage, scholars and historians still adulate the Macedonian conqueror 2,300 years after his death.

Without courage, we could live hundreds of years and not achieve anything of significant or value. Whereby Abraham Lincoln, John F. Kennedy, Robert F. Kennedy, Martin Luther King, Jr., and Mahatma Gandhi are immortalized for their courage, even when some of them died young.

However, personal courage need not be so dramatic and grandiose. In the age of technology, social media, and convenience, most of us only need to fear the opinions of others—humans have never had it so good. Despite this, many of us are powerless by the “paralysis by analysis” syndrome. As a result, we fail to live up to our potential because we care what people think about us—we care about people's opinions.

To overcome this “paralysis by analysis” syndrome, ask: In any given situation or predicament, what is the worst that could happen? Death. If we accept (exaggerate) that death is the eventual outcome of every social interaction, then we fear nothing. If we ask someone out, what is the worst that could happen? We die from nervousness. If we ask for a raise, what is the worst that could happen? The answer is no and we die from embarrassment. If we start a new business and it doesn't work out, what is the worst that could happen? People laugh at us and we die from comedic behavior.

Obviously, this “death is the worst that could happen to me and I accept it” mentality is a satirical mind trick used by some to overcome the social fears of daily life. What people think and what people opine, should not be our concern. We don't have the time or energy to worry about people's opinions. There are talkers and there are doers. Be a doer. The people who splatter opinion are talkers. Be better. Be a doer.

Have the courage to adopt this philosophy: “I don't care what people think; I don't care about people's opinion—it's not worth my time and energy. I only care about what I do. There are talkers and there are doers. I'm a doer.”

We all die, but will we live and be remembered? That is the courage question.

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.



Martin Luther King, Jr.

Few will have the greatness to bend history; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation. It is from numberless diverse acts of courage and belief that human history is thus shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance.



Robert F. Kennedy

One man with courage is a majority.



Andrew Jackson

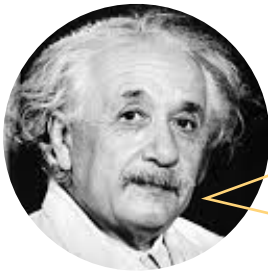
The greatest oak tree was once a nut that held its ground.



Naturalopist

Life shrinks or expands in proportion to one's courage.

Anais Nin



Great spirits have always encountered violent opposition from mediocre minds.

Albert Einstein



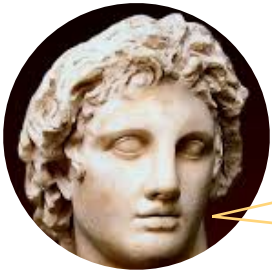
Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself.

Harvey Fierstein

It takes courage to grow up and become who you really are.

E. E. Cummings





It is a lovely thing to live with courage, and die, leaving an everlasting fame.

Alexander the Great

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.



Winston Churchill



Fear is the tax that conscience pays to guilt.

George Sewell

One of my greatest strengths is to admit my weaknesses.



Dick Innes



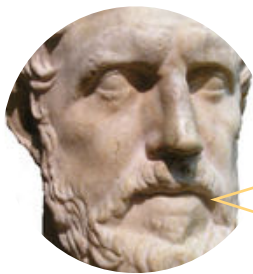
Whatever you can do or believe you can, begin it.
Boldness has magic, power, and genius in it.

Johann Goethe

Everything you want is on the other side of fear.



Jack Canfield



The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it.

Thucydides



The best people possess a feeling for beauty, the courage to take risks, the discipline to tell the truth, and the capacity for sacrifice.

Ernest Hemingway



I always wondered why somebody didn't do something about that. Then I realized I am somebody.

Lily Tomlin

Don't be afraid of opposition. Remember, a kite rises against the wind, not with it.



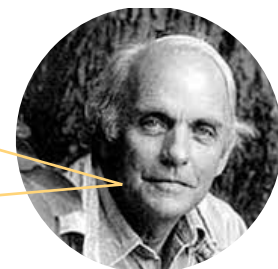
Hamilton Wright Mabie

Fortune favours the bold.



Virgil

Here is the world. Beautiful and terrible things will happen. Don't be afraid.

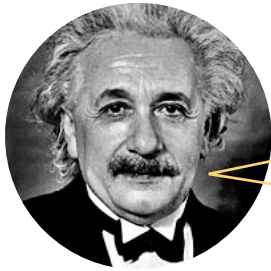


Frederick Buechner



Aristotle

You will never do anything in this world without courage.
It is the greatest quality of the mind next to honour.



Albert Einstein

The world is a dangerous place to live; not because
of the people who are evil, but because of the peo-
ple who don't do anything about it.



Leo Buscaglia

To love is to risk not being loved in return.
To hope is to risk pain.
To try is to risk failure.
But risk must be taken,
Because the greatest hazard in life is to risk nothing.



Stephen Richards

When you do what you fear most,
then you can do anything.



Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

Steve Jobs

If not you, then who? If not now, then when?

Motherly Advice



We forfeit three-fourths of ourselves in order to be like other people.

Arthur Schopenhauer



Life begins at your comfort zone.



Neale Donald Walsch

You have enemies? Good. That means you've stood up for something in your life.

Winston Churchill



Life will toss many hardships in the way, many times we think it is enough to sink our ship. Somehow we make it through, not knowing that because we did not quit, because we kept struggling—our metal was made stronger for battles yet to come.



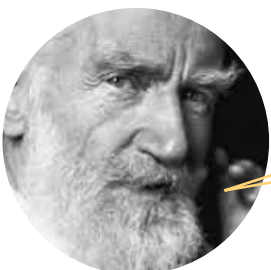
Frank Valdez

Always do what you are afraid to do.



Ralph Waldo Emerson

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.



George Bernard Shaw

To avoid criticism: do nothing, say nothing, be nothing.

Elbert Hubbard



To be courageous requires no exceptional qualifications, no magic formula. It's an opportunity that sooner or later is presented to us all and each person must look for that courage in his own soul.



John F. Kennedy

What doesn't kill you only makes you stronger.



Friedrich Nietzsche

He who knows when he can fight and when he cannot, will be victorious.



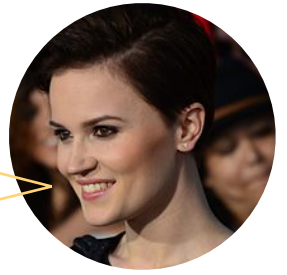
Sun Tzu

There are so many ways to be brave in this world. Sometimes bravery involves laying down your life for something bigger than yourself, or for someone else. Sometimes it involves giving up everything you have ever known, or everyone you have ever loved, for the sake of something greater.

But sometimes it doesn't.

Sometimes it is nothing more than gritting your teeth through pain, and the work of every day, the slow walk toward a better life.

That is the sort of bravery I must have now.



Veronica Roth



If you want to achieve greatness,
stop asking for permission.

Eddie Colla

Don't let the bastards grind you down.



General Joseph W. Stilwell



To live the life you've imagined, your faith
must be more powerful than your fear.

Naturalopist

Nobody, as long as he moves about among the chaotic currents of life, is without trouble.



Carl Jung



Fear is just excitement in need of an attitude adjustment.

Naturalopist



We have one life. In it, you have to trust your own voice, your own ideas, your honesty, your vulnerability—and through this you will find your way. You do not have to be fearless. Just don't let fear stop you.

Charlie Day



Sometimes the most important fights are the ones you avoid.

Jackie Chan

Do not go where the path may lead, go instead where there is no path and leave a trail.

Ralph Waldo Emerson



Courage is not the absence of fear, but rather the judgment that something else is more important than fear.

James Neil Hollingsworth



Buddha

There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.

Scorn not the weak cub; for he may become a powerful tiger.



Ghenghis Khan

Our lives begin to end the day we become silent about things that matter.



Martin Luther King, Jr.



Courage is the power to let go of the familiar.

Raymond Lindquist



People may hate you for being different and not living by society's standards. But deep down, they wish they had the courage to do the same.

Naturalopist

In the land of predators,
the lion never fears the jackal.



Michael C. Hall, *Dexter*

Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength. Courage is not living without fear. Courage is being scared to death and doing the right thing anyway.



Chae Richardson

Fear is a natural reaction to moving closer to the truth.



Pema Chodron

A non-doer is very often a critic—that is, someone who sits back and watches doers, and then waxes philosophically about how the doers are doing. It's easy to be a critic, but being a doer requires effort, risk, and change.



Wayne Dyer



Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires courage.

Ralph Waldo Emerson

If you want to succeed in the world you must make your own opportunities as you go on. The man who waits for some seventh wave to toss him on dry land will find that the seventh wave is a long time coming.



John Gough

The brave die never, though they sleep in dust, their courage nerves a thousand living men.



Minot J. Savage

Love of learning is akin to wisdom. To practice with vigor is akin to humanity. To know to be shameful is akin to courage.



Confucius

You can never cross the ocean until you have the courage to lose sight of the shore.



Christopher Columbus



Self-confidence is the first requisite to great undertakings.

Samuel Johnson

Too many of us are not living our dreams because we are living our fears.



Les Brown



We have nothing to fear but fear itself.

Franklin D. Roosevelt



I believe that in this generation those with the courage to enter the conflict will find themselves with companions in every corner of the world.

Robert F. Kennedy

ATLAS SHRUGGED

The man who refuses to judge, who neither agrees nor disagrees, who declares that there are no absolutes and believes that he escapes responsibility, is the man responsible for all the blood that is now spilled in the world. Reality is an absolute, existence is an absolute, a speck of dust is an absolute and so is a human life. Whether you live or die is an absolute. Whether you have a piece of bread or not, is an absolute. Whether you eat your bread or see it vanish into a looter's stomach, is an absolute.

There are two sides to every issue: one side is right and the other is wrong, but the middle is always evil. The man who is wrong still retains some respect for truth, if only by accepting the responsibility of choice. But the man in the middle is the knave who blanks out the truth in order to pretend that no choice or values exist, who is willing to sit out the course of any battle, willing to cash in on the blood of the innocent or to crawl on his belly to the guilty, who dispenses justice by condemning both the robber and the robbed to jail, who solves conflicts by ordering the thinker and the fool to meet each other halfway.

In any compromise between food and poison, it is only death that can win. In any compromise between good and evil, it is only evil that can profit. In that transfusion of blood which drains the good to feed the evil, the compromise is the transmitting rubber tube.



Ayn Rand

HUMILITY

humility

meekness, timidity, unpretentiousness, demureness, reserve, humbleness

1. The quality of being humble; not conceited or arrogant.
2. Modest opinion of oneself.

Every bombastic, arrogant person is brimming with either false pride, ignorance, or inadequacy. The person who loudly exaggerates and boasts their accomplishments has an inferior mindset hiding behind a superiority complex. Those who lack accomplishment or feel inferior run their mouths to compensate. An arrogant person is sooner or later forced to eat crow (an American colloquial idiom, meaning humiliation by admitting wrongness or having been proved wrong after taking a strong position).

On the other hand, a humble person is satisfied with their lot in life and feels no need to prove anything to anyone. A humble person is comfortable in their own skin—accepts how they look, where they are, what they've done; knows where they're going, and ignores the negative opinions of others. Thus, the quiet reserve and steady fortitude of the humble person. As the adage goes, still water runs deep.

If we feel the need to prove anything to anyone, we're not where we should be in life. When we are reserved and humble, we're right where we should be.



Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.

Saint Augustine



Quarrel not at all. No man resolved to make the most of himself can spare time for personal contention.

Abraham Lincoln



I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men.

Lao Tzu



Humility is the secret of the wise.
Be humble, you could be wrong.

Naturalopist

Arrogance invites ruin; humility receives benefits.

Chinese Proverb



There is no respect for others without humility in oneself.

Henri Frederic Amiel

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.



Ernest Hemingway

H. Jackson Brown Jr.



Every person that you meet knows something you don't; learn from them.



A sarcastic person has a superiority complex that can be cured only by the honesty of humility.

Lawrence G. Lovasik



I believe the first test of a truly great man is in his humility.

John Ruskin



Praise can be your most valuable asset as long as you don't aim it at yourself.

Orlando A. Battista



The true measure of a man is how he treats someone who can do him absolutely no good.

Samuel Johnson



Tact is the art of making a point without making an enemy.

Isaac Newton

Keep your feet on the ground and keep reaching for the stars.



Casey Kasem

Confidence is silent. Insecurities are loud.



Naturalopist

It wasn't until late in life that I discovered how easy it is to say, "I don't know."



W. Somerset Maugham



Pride is concerned with who is right. Humility is concerned with what is right.

Ezra Taft Benson



Humility is the solid foundation of all virtues.

Confucius

When helping others, do not look for a reward; if you are looking for rewards, don't help others.

Chinese Proverb

虚



Humility must always be the portion of any man who receives acclaim earned in the blood of his followers and the sacrifices of his friends.

Dwight Eisenhower

What kills a skunk is the publicity it gives itself.



Abraham Lincoln

It is amazing what you can accomplish if you do not care who gets the credit.



Harry S. Truman

No one should be ashamed to admit they are wrong, which is but saying, in other words, that they are wiser today than they were yesterday.



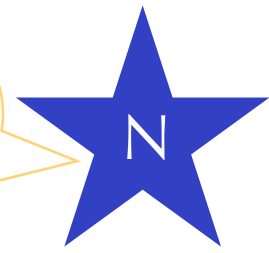
Alexander Pope

Avoid the spotlight because it burns.



Trung Nguyen

Always remember to be kind, fair, honest, humble, and true. They will come back to you. Karma remembers.



Naturalopist



Never look down on anybody unless you're helping them up.

Jesse Jackson



Any man worth his salt will stick up for what he believes right, but it takes a slightly better man to acknowledge instantly and without reservation that he is in error.

Andrew Jackson



Consider the rights of others before your own feelings, and the feelings of others before your own rights.

John R. Wooden

If you want to improve, be content to be thought foolish and stupid.



Epictetus



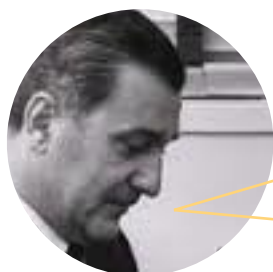
Humility, that low, sweet root from which all heavenly virtues shoot.

Thomas Moore



Humility is the only true wisdom by which we prepare our minds for all the possible changes of life.

George Arliss



An error doesn't become a mistake until you refuse to correct it.

Orlando A. Battista

I lacked STRENGTH and found it through conquering difficulties. I lacked WISDOM and found it by solving problems. I lacked PROSPERITY and found it through hard work and diligence. I lacked COURAGE, and found it by overcoming setbacks, obstacles, and fears. I lacked LOVE and found it through helping troubled people.



Naturalopist

If you have nothing nice to think about yourself, don't think it at all.

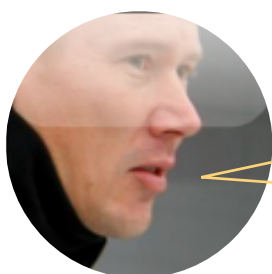


Motherly Advice



Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things.

Winston Churchill



Always accept good fortune with grace and humility.

Mark L. Mika

HUMILITY

These are the few ways we can practice humility:

To speak as little as possible of oneself.

To mind one's own business.

To avoid curiosity, as not to want to manage other people's affairs.

To accept contradiction and correction cheerfully.

To pass over the mistakes of others.

To accept insults and injuries.

To accept being slighted, forgotten, and disliked.

To be kind and gentle even under provocation.

Never to stand on one's dignity.

To choose always the hardest.



Mother Teresa

PATIENCE

patience

poise, composure, endurance, restraint, long-suffering, self-control, staying power, equanimity, forbearance, even-tempered, diligence

1. The quality of being patient; ability to tolerate delay.
2. The capacity to endure hardship, difficulty, or inconvenience without complaint.
3. The bearing of provocation, annoyance, misfortune, or pain without complaint, loss of temper, or anger.

There is passion, then there is patience. Passion is often ephemeral, a fire that burns bright but exhausts its fuel rapidly, thus short-lived. However, when patience tames passion, it is the foundation for great achievements.

To grasp the concept of patience in the timeline, accept that time is here, time will come, and time will go. Whether we will have achieved anything of importance when the projected time arrives again depends on how patient we are in the Now. To realize what we do in the Now is incremental and adds to the timeline is understanding patience.

When the future arrives, will we have achieved what we wanted? If the answer is “yes”, then we must always act in the present. The Now.



Nothing great is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen.



Epictetus

Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement, and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.



Brian Adams



Patience gives your spouse permission to be human. It understands that everyone fails. When a mistake is made, it chooses to give them more time that they deserve to correct it. It gives you the ability to hold on during the rough times in your relationship rather than bailing out under the pressure.

Stephen Kendrick



Without patience, magic would be undiscovered—in rushing everything, we would never hear its whisper inside.

Tamora Pierce

Patience is waiting. Not passively waiting. That is laziness. But to keep going when the going is hard and slow— that is patience. The two most powerful warriors are patience and time.



Leo Tolstoy



We could never learn to be brave and patient, if there were only joy in the world.

Helen Keller

The trees that are slow to grow bear the best fruit.



Moliere

It's not only the scenery you miss by going fast, you also miss the sense of where you are going and why.



Eddie Cantor

A diamond is just a piece of charcoal that handled stress exceptionally well.

Malcolm Forbes



Rome wasn't built in a day.

Ancient Adage



He that can have patience can have what he will.

Benjamin Franklin



Force is all-conquering, but its victories are short-lived.

Abraham Lincoln



Our patience will achieve more than our force.

Edmund Burke



Patience is a virtue. And like all virtues, it has to be practiced to be appreciated.

Motherly Advice



There art two cardinal sins from which all others spring: Impatience and Laziness.

Franz Kafka



Do one thing at a time, like take one step at a time. Get that one thing done well, then move to the next thing. It's the untrained mind that wants to do everything at once.

Naturalopist

A problem will solve itself if
you don't make it worse.



Simona Rich

Have patience with all things, but chiefly have patience
with yourself. Do not lose courage in considering your
own imperfections but instantly set about remedying
them—every day begin the task anew.



Saint Francis de Sales

Patience is power.

Patience is not an absence of action

Rather it is “timing”

It waits on the right time to act

For the right principles

And in the right way.



Fulton J. Sheen



Endurance is nobler than strength, and pa-
tience than beauty.

John Ruskin



Genius is eternal patience.

Michelangelo



Patience is bitter, but its fruit is sweet.

Aristotle

Patience and wisdom walk hand in hand, like two one-armed lovers.



Jarod Kintz

Never cut a tree down in the wintertime.
Never make a negative decision in the low time.
Never make your most important decisions when you are in your worst moods.

Wait. Be patient. The storm will pass. The spring will come.



Robert H. Schuller

TALE OF THE STONECUTTER

Once upon a time there was a young stonecutter who looked with envy upon the rich merchant who employed him. One day he was muttering to himself about what it would be like to have such freedom and power when, to his amazement, an angel appeared and spoke the words “You are what you have said.” In an instant, the stonecutter had become the merchant.

He was very happy with his lot until he saw the king of the land ride by with his coterie. “Now that’s the way to live,” he thought. Almost before he had asked, the angel had granted his wish and the merchant had become the king.

All was well until one beautiful summer’s day when the king began sweating in his heavy royal garb. “What freedom and power the sun has,” he thought. “It can float through the sky and call forth water from a king. That is what I would truly like to be.”

As the thought appeared in his mind, the angel appeared to grant it. Now the king had become the sun, and he reveled in his freedom and power as he floated high above the earth. But after a time, a cloud appeared and blocked the land from his view. When he watched the lightning burst forth from the cloud and heard the roar of the thunder, he knew that he was witnessing true freedom and power. Before he even realized what was happening, the angel had transformed him into a cloud.

What fun it was to pour rain forth upon the land! Wherever the man-cloud went, forests were washed away, and puddles became oceans in his wake. But no matter how hard he tried, there was one huge mountain made of stone that stood immovable and unaffected by his rain.

“Surely that is the ultimate power,” he thought. “To stand tall in the face of any circumstance—that is true freedom and power.”

In an instant, the angel had made it so, and the man could feel the incredible power of being an immovable object in the midst of any storm. Yet even as he was delighting in his immense strength and resilience, he could see a small man chipping away at his base with a pick and a chisel and a hammer.

“That man is even more powerful than I,” he thought. “See how he is able to take stone away from me with just a few blows of his mighty tools. That is the kind of freedom and power I have always longed for.”

The angel appeared and once again spoke the words “You are what you have said.” And with those words, the older but wiser stonecutter continued on his journey.

Japanese folklore, adapted by



Marie Ennis-O'Connor

MORALITY

morality

decency, uprightness, morals, integrity, principle, purity, standards

1. Recognition of the distinction between good and evil or between right and wrong; respect for and obedience to the rules of right conduct; the mental disposition or characteristic of behaving in a manner intended to produce morally good results.
2. A set of social rules, customs, traditions, beliefs, or practices which specify proper, acceptable forms of conduct.

Morality and legality are two distinct subjects in the modern legal framework. What is legal can be immoral, and what is moral in the eyes of many is illegal. Furthermore, since the majority of people are religious, their religion dictates what is moral and immoral. And what is considered moral in one religion is immoral in another religion.

A standard, public baseline for morality is determined by a nation's legal code and its dominant religion. Unfortunately, too often public figures preach one moral code to the people and live by another moral code in their private lives. For this reason, a Naturalist should view morality as a public matter, not a private one. That is, morality should be a public issue concerning what people do in public. Morality should not be a private matter: what consenting adults do in private is their own business. No church or state should govern the consensual and private activities of its people.

Since a hypocrite is a person to be despised and deemed unworthy of trust, be careful of extolling morals and virtues publicly, or even privately for that matter.

Morality is best practiced, not preached.





The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy. A man does what he must—in spite of personal consequences, in spite of obstacles and dangers and pressures—and that is the basis of all morality.

John F. Kennedy

My morality is not based on faith, not on arbitrary whim, not on emotion, not on arbitrary edict, mystical or social, but on reason; a morality that can be proved by means of logic which can be demonstrated to be true and necessary.



Ayn Rand

Never let your sense of morals get in the way of doing what's right.



Isaac Asimov



This is my doctrine: Give every other human being every right you claim for yourself.

Robert G. Ingersoll



A man that puts himself on the ground of moral principle, if the whole world be against him, is mightier than all of them.

Henry Ward Beecher

Do not be too moral. You may cheat yourself out of much life so. Aim above morality. Be not simply good, be good for something.



Henry David Thoreau

The hottest places in hell are reserved for those who, in times of great moral crisis, maintain their neutrality.



John F. Kennedy



Truth is the secret of eloquence and of virtue, the basis of moral authority; it is the highest summit of art and life.

Henri-Frédéric Amiel

Respect for ourselves guides our morals;
respect for others guides our manners.



Laurence Sterne



A quiet conscience makes one strong!

Anne Frank



I think it's a problem that people are considered immoral if they're not religious. That's just not true.... If you do something for a religious reason, you do it because you'll be rewarded in an afterlife or in this world. That's not quite as good as something you do for purely generous reasons.

Lisa Randall



Ethics, too, are nothing but reverence for life. That is what gives me the fundamental principle of morality, namely, that good consists in maintaining, promoting, and enhancing life, and that destroying, injuring, and limiting life are evil.

Albert Schweitzer

To educate a person in the mind but not in morals is to educate a menace to society.



Theodore Roosevelt



I stopped believing there was a power of good and a power of evil that were outside us. And I came to believe that good and evil are names for what people do, not for what they are.

Philip Pullman

A man that has lost moral sense is like a man in battle with both of his legs shot off: he has nothing to stand on.



Henry Ward Beecher

Morality is the custom of one's country and the current feeling of one's peers. Cannibalism is moral in a cannibal country.



Samuel Butler

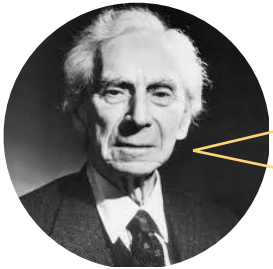


No moral system can rest solely on authority.

A. J. Ayer

People have different codes of morality depending on their system of beliefs or religious doctrines.

Naturalopist



The people who are regarded as moral luminaries are those who forego ordinary pleasures themselves and find compensation in interfering with the pleasures of others.

Bertrand Russell

Give up money, give up fame, give up science, give the earth itself and all it contains, rather than do an immoral act.



Thomas Jefferson



We have, in fact, two kinds of morality side by side: one which we preach but do not practice, and another which we practice but seldom preach.

Bertrand Russell



Modern morality and manners suppress all natural instincts, keep people ignorant of the facts of nature and make them fighting drunk on bogey tales.

Aleister Crowley

Morality is doing what is right regardless of what you are told. Religion is doing what you are told regardless of what is right.



H.L. Mencken

Morality, like art, means drawing a line someplace.



Oscar Wilde



I have never believed there was one code of morality for a public and another for a private man.

Thomas Jefferson

The soul is the captain and ruler of the life of morals.



Sallust



How does something immoral, when done privately, become moral when it is done collectively? Furthermore, does legality establish morality? Slavery was legal; apartheid is legal; Stalinist, Nazi, and Maoist purges were legal. Clearly, the fact of legality does not justify these crimes. Legality, alone, cannot be the talisman of moral people.

Walter E. Williams

If people were always kind and obedient to those who are cruel and unjust, the wicked people would have it all their own way: they would never feel afraid, and so they would never alter, but would grow worse and worse. When we are struck at without a reason, we should strike back again very hard; I am sure we should—so hard as to teach the person who struck us never to do it again. I must dislike those who, whatever I do to please them, persist in liking me; I must resist those who punish me unjustly. It is as natural as that I should love those who show me affection, or submit to punishment when I feel it is deserved.



Jane Eyre

ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

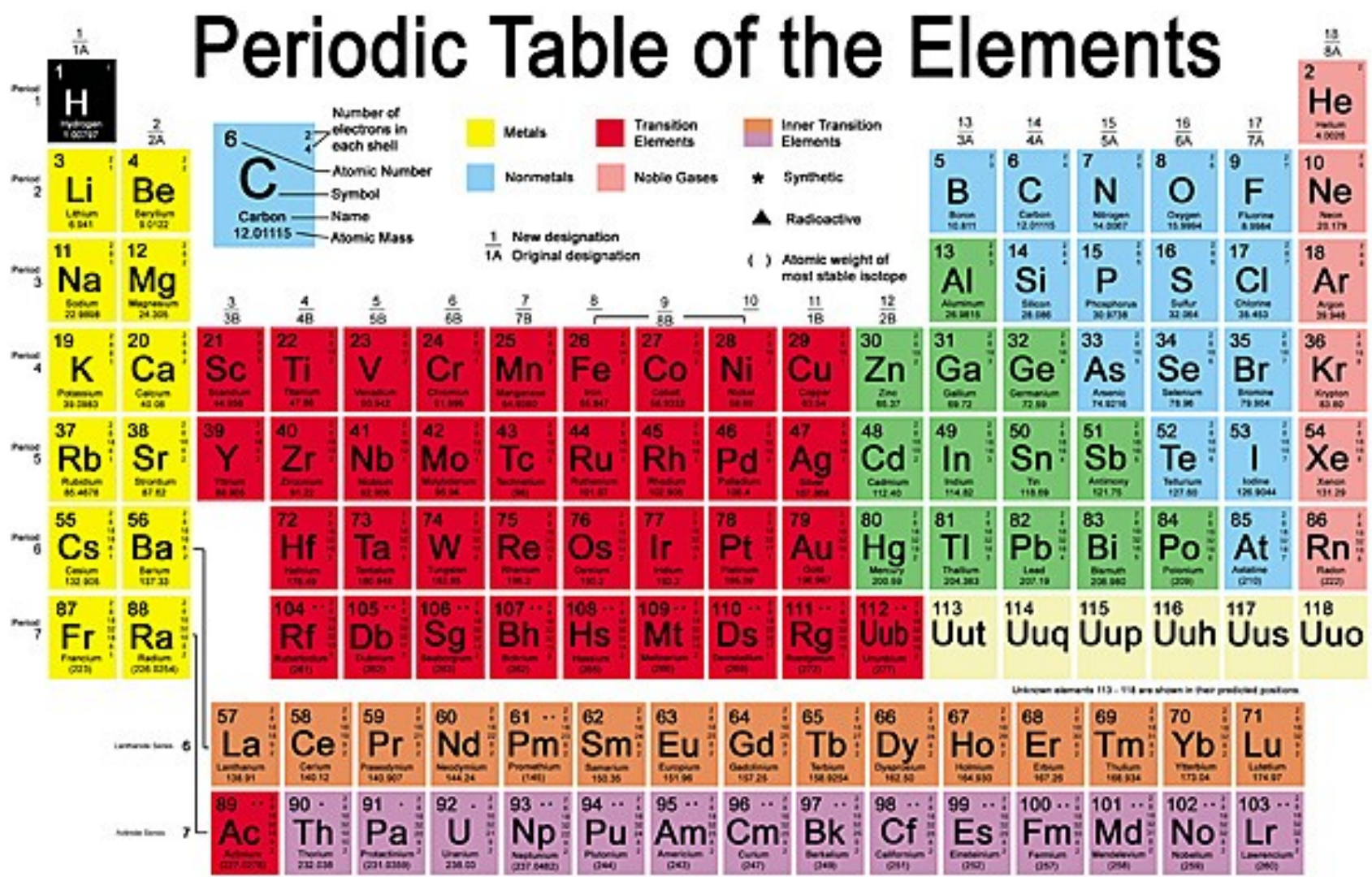
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

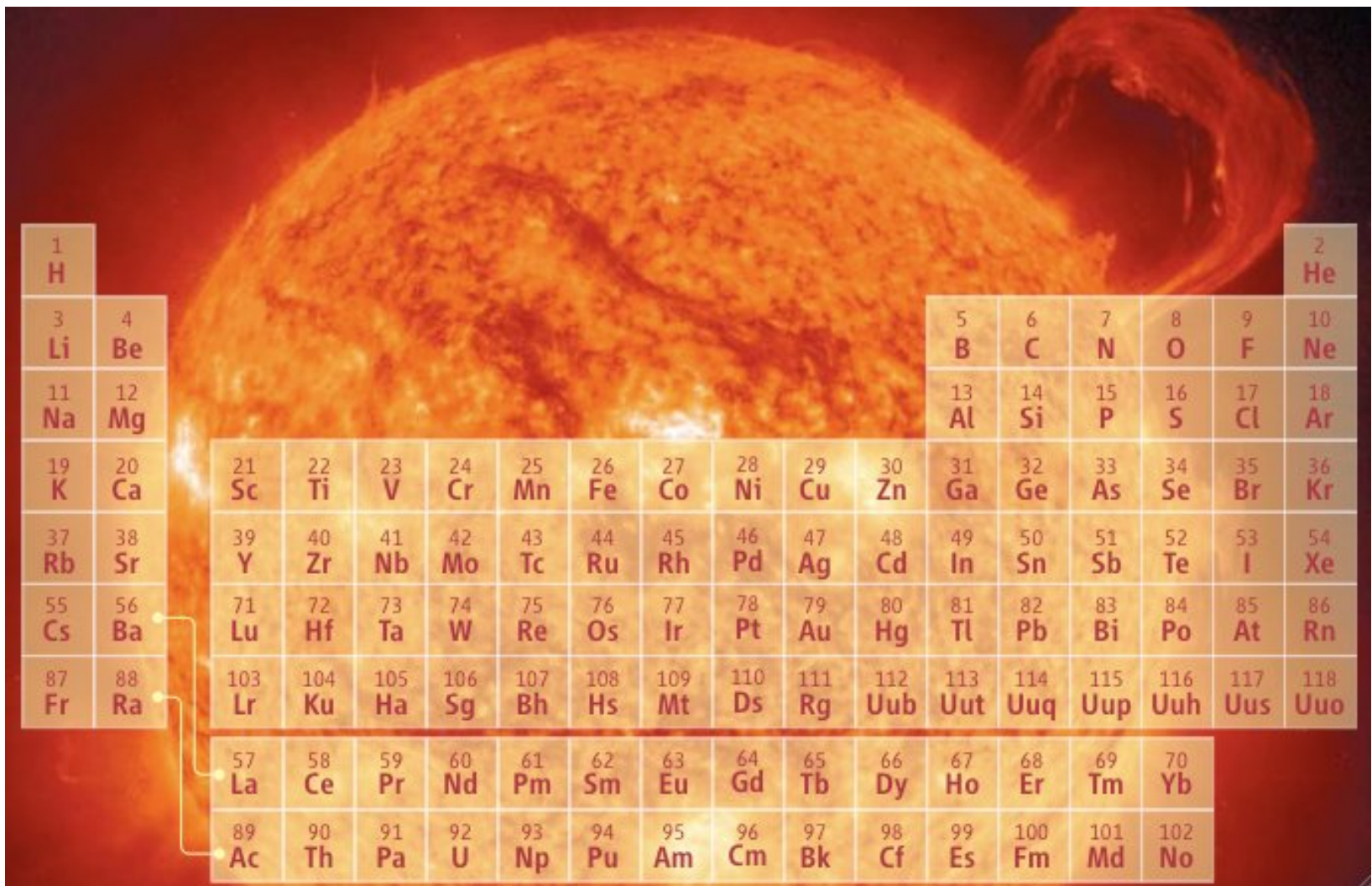
- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-



drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

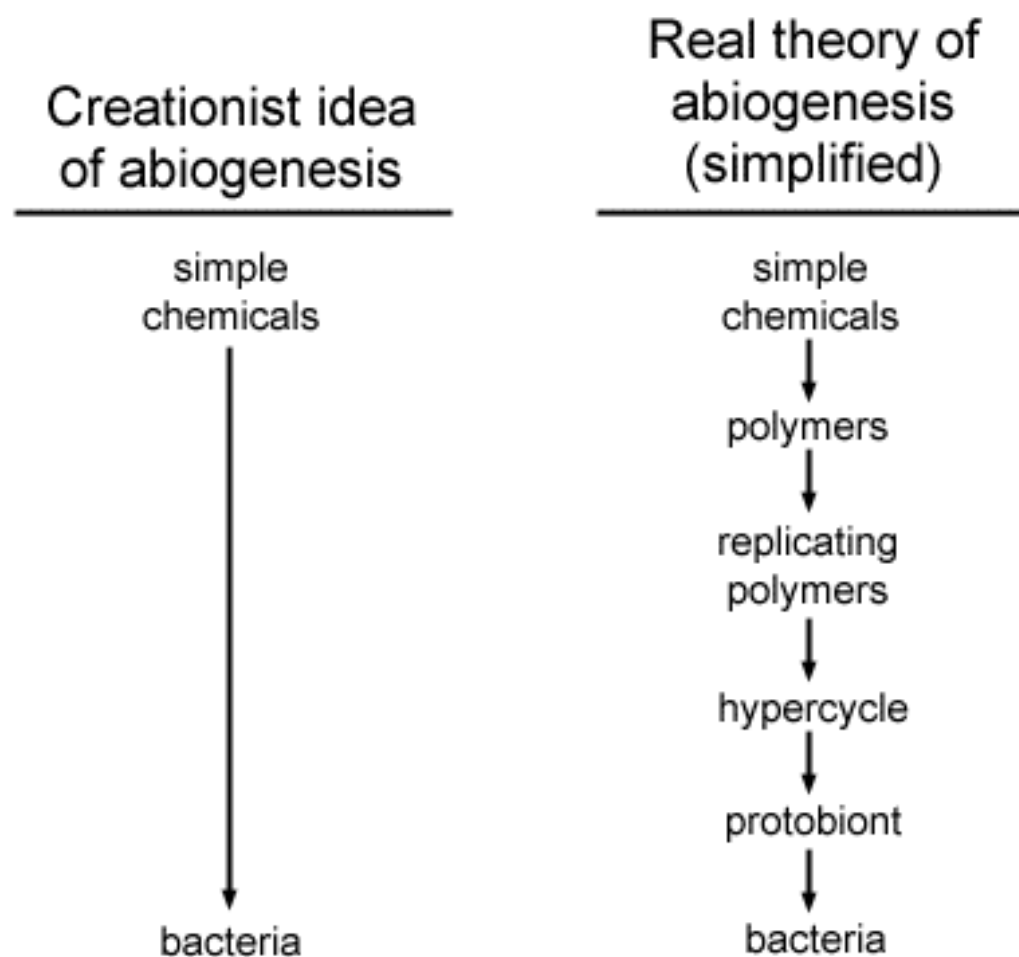


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H₂O), which is made of two elements: hydrogen (H) and oxygen (O).



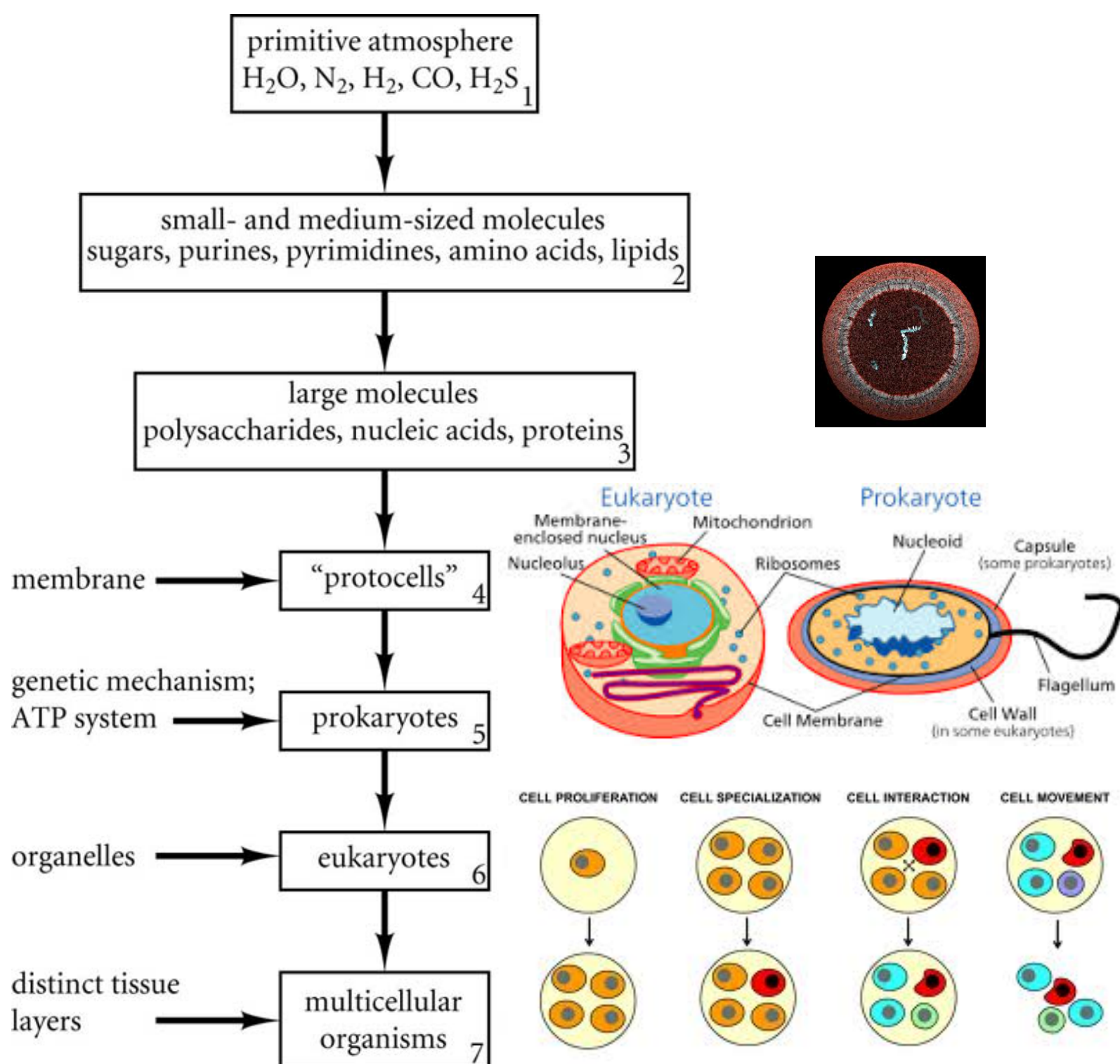
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

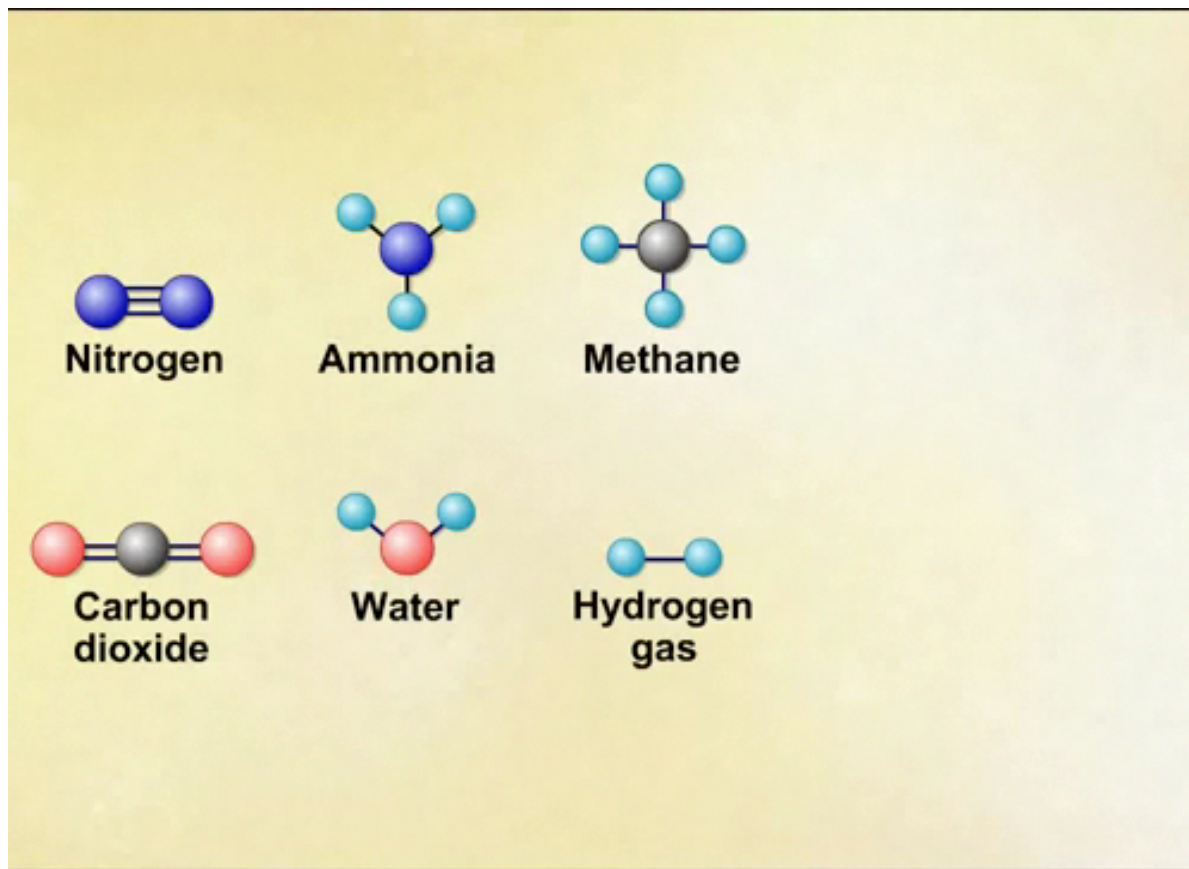
The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

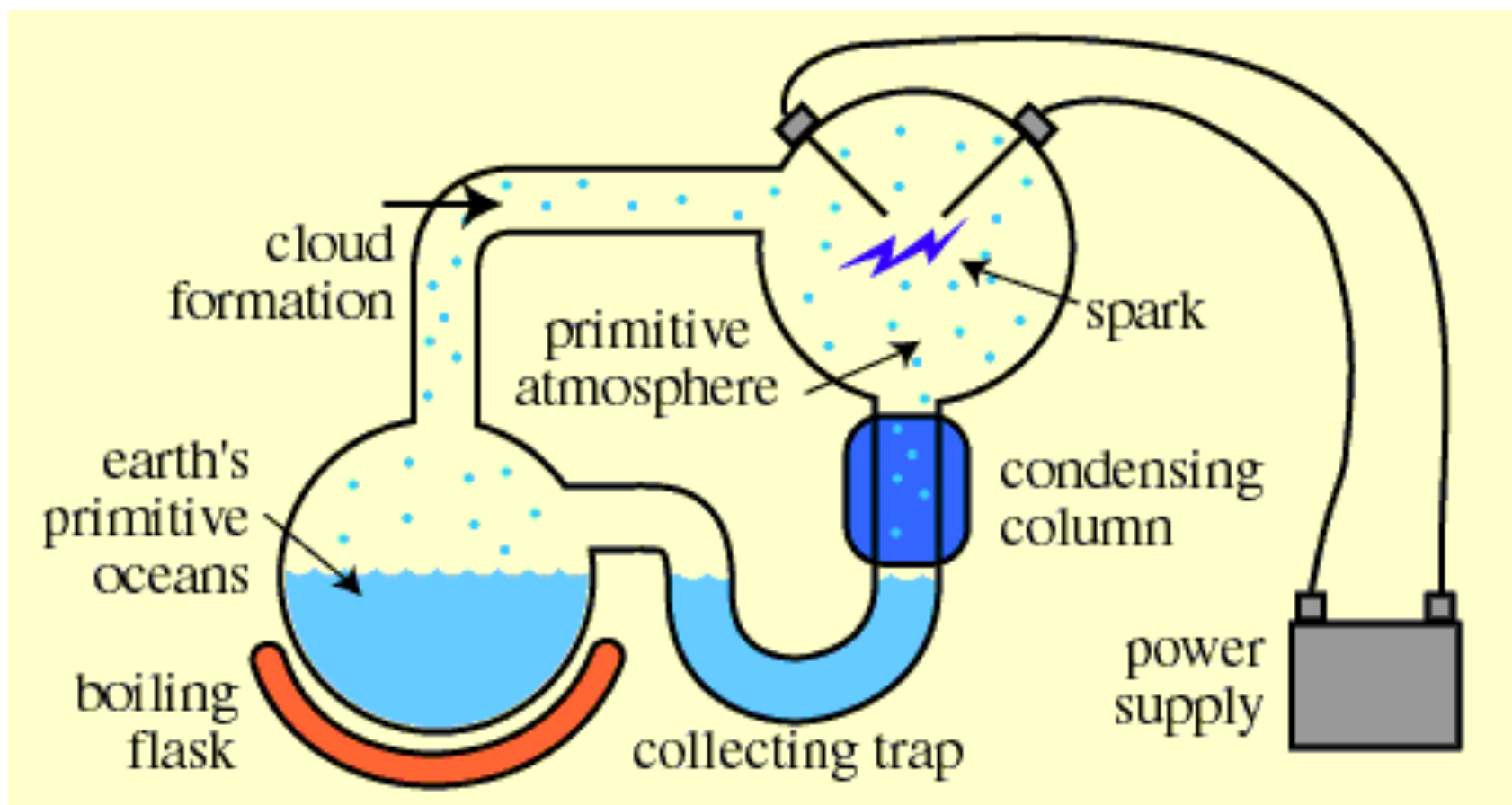
The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

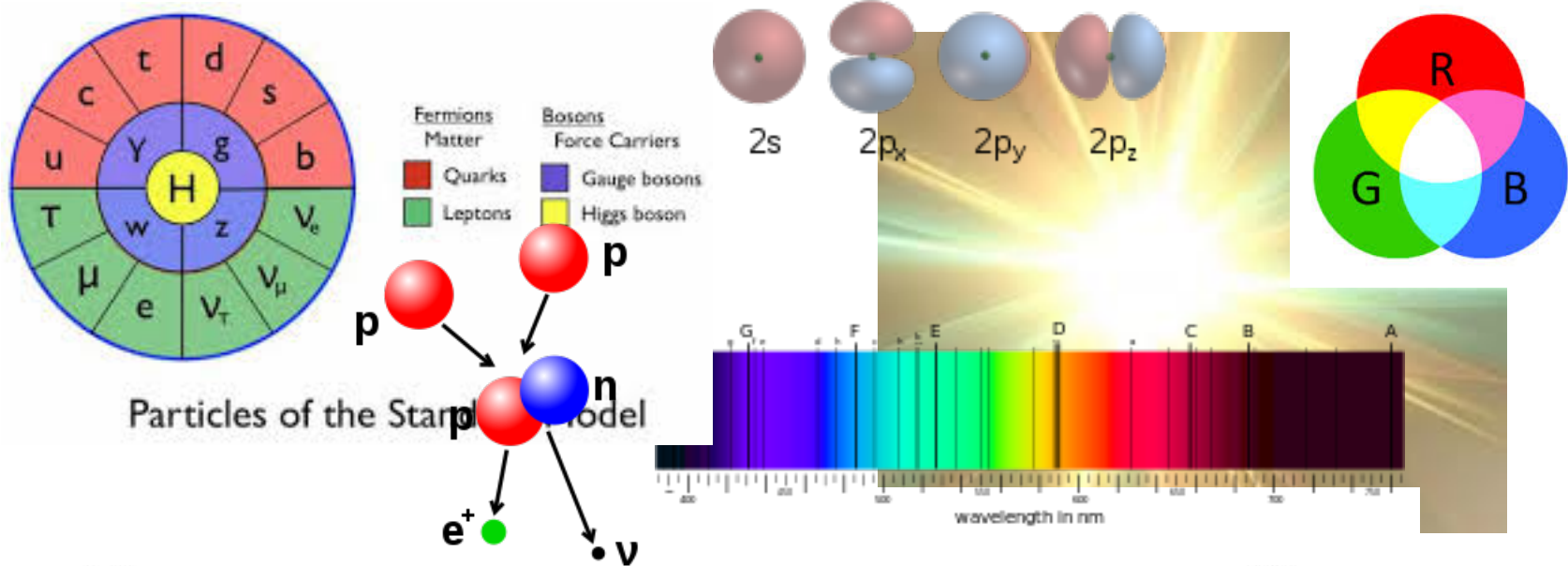
Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.







GROUP 1

1

H

hydrogen

[1.007 - 1.009]

2

He

helium

4.003

GROUP 18

18

He

helium

4.003

atomic number

white box = gas state at 0 °C

chemical symbol

chemical name

standard atomic weight

(lower - upper) bounds

(lowest) no stable isotopes

26

Fe

iron

55.85

Element Categories

actinoids

alkali metals

alkaline metals

other metals

transition metals

lanthanoids

metalloids

nonmetals

halogens

noble gases

unknown elements

Electron Configuration Blocks

s

d

p

f

13

B

boron

[10.80 - 10.83]

14

C

carbon

[12.00 - 12.02]

15

N

nitrogen

[14.00 - 14.01]

16

O

oxygen

[15.99 - 16.00]

17

F

fluorine

18.99

18

Ne

neon

20.18

13

Al

aluminum

26.98

14

Si

silicon

[28.08 - 28.09]

15

P

phosphorus

30.97

16

S

sulfur

[32.05 - 32.08]

17

Cl

chlorine

[35.44 - 35.46]

18

Ar

argon

39.95

19

K

potassium

39.10

20

Ca

calcium

40.08

21

Sc

scandium

44.96

22

Ti

titanium

47.87

23

V

vanadium

50.94

24

Cr

chromium

52.00

25

Mn

manganese

54.94

26

Fe

iron

55.85

27

Co

cobalt

58.93

28

Ni

nickel

58.69

29

Cu

copper

63.55

30

Zn

zinc

65.38

31

Ga

gallium

69.72

32

Ge

germanium

72.63

33

As

arsenic

74.92

34

Se

selenium

78.96

35

Br

bromine

79.90

36

Kr

krypton

83.80

37

Rb

rubidium

85.47

38

Sr

strontium

87.62

39

Y

yttrium

88.91

40

Zr

zirconium

91.22

41

Nb

niobium

92.91

42

Mo

molybdenum

95.94

43

Tc

technetium

(98)

44

Ru

ruthenium

101.1

45

Rh

rhodium

102.9

46

Pd

palladium

106.4

47

Ag

silver

107.9

48

Cd

cadmium

112.4

49

In

indium

114.8

50

Sn

tin

118.7

51

Sb

antimony

121.8

52

Te

tellurium

127.6

53

I

iodine

126.9

54

Xe

xenon

131.3

55

Cs

cesium

132.9

56

Ba

barium

137.3

57-71

lanthanoids

72

Hf

hafnium

178.5

73

Ta

tantalum

180.9

74

W

tungsten

183.8

75

Re

rhenium

186.2

76

Os

osmium

190.2

77

Ir

iridium

192.2

78

Pt

platinum

195.1

79

Au

gold

197.0

80

Hg

mercury

200.6

81

Tl

thallium

[204.3 - 204.4]

82

Pb

lead

207.2

83

Bi

bismuth

209.0

84

Po

polonium

(209)

85

At

astatine

(210)

86

Rn

radon

(222)

87

Fr

francium

(223)

88

Ra

radium

(226)

89-103

actinoids

104

Rf

rutherfordium

(261)

105

Db

dubnium

(262)

106

Sg

seaborgium

(266)

107

Bh

bohrium

(264)

108

Hs

hassium

(277)

109

Mt

meitnerium

(268)

110

Ds

darmstadtium

(271)

111

Rg

roentgenium

(272)

112

Cn

copernicium

(285)

113

Uut

ununtrium

(284)

114

Uuq

ununquadium

(289)

115

Uup

ununpentium

(288)

116

Uuh

ununhexium

(292)

117

Uus

ununseptium

(294)

118

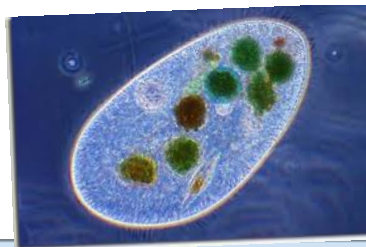
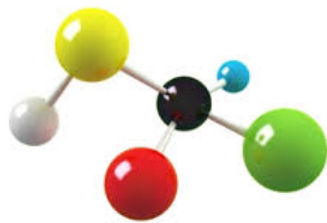
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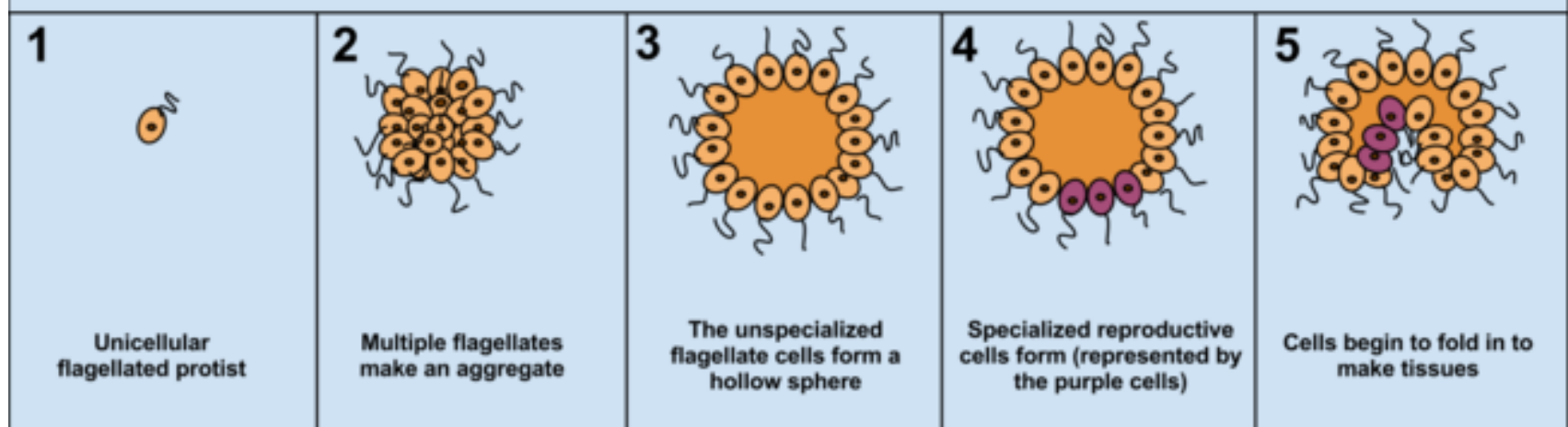
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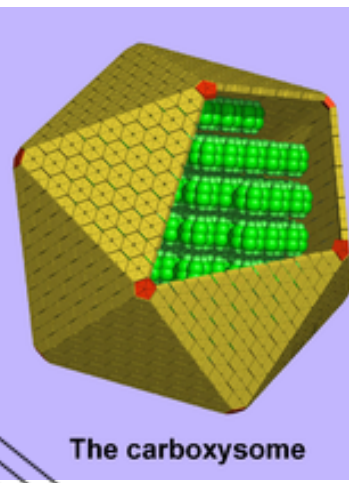
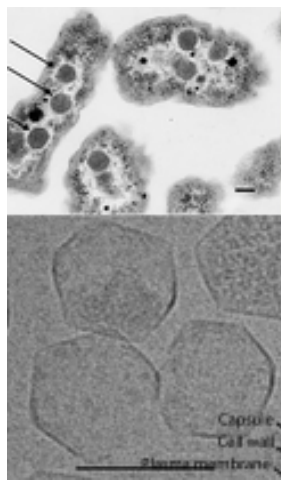
Natural Occurrence: ☐ primordial, ☐ from decay, ☐ synthetic.

57 La lanthanum 138.9	58 Ce cerium 140.1	59 Pr praseodymium 140.9	60 Nd neodymium 144.2	61 Pm promethium (145)	62 Sm samarium 150.4	63 Eu europium 152.0	64 Gd gadolinium 157.3	65 Tb terbium 158.9	66 Dy dysprosium 162.5	67 Ho holmium 164.9	68 Er erbium 167.3	69 Tm thulium 168.9	70 Yb ytterbium 173.1	71 Lu lutetium 175.0
89 Ac actinium (227)	90 Th thorium 232.0	91 Pa protactinium 231.0	92 U uranium 238.0	93 Np neptunium (237)	94 Pu plutonium (244)	95 Am americium (243)	96 Cm curium (247)	97 Bk berkelium (247)	98 Cf californium (251)	99 Es einsteinium (252)	100 Fm fermium (257)	101 Md mendelevium (258)	102 No nobelium (259)	103 Lr lawrencium (262)



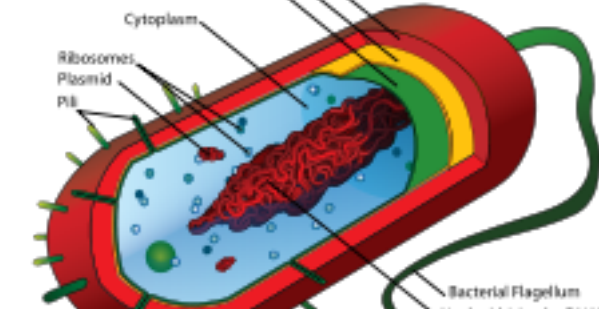
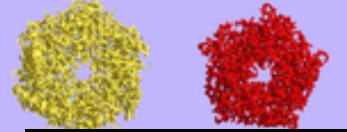
Colonial Flagellate Hypothesis



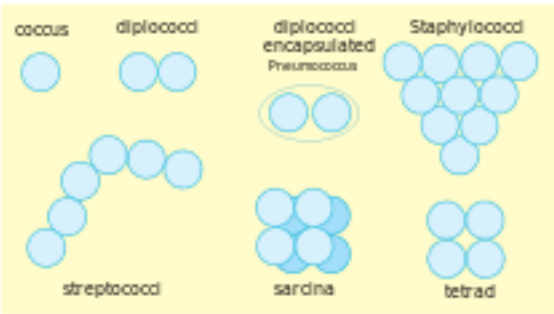


Enzymes and shell proteins

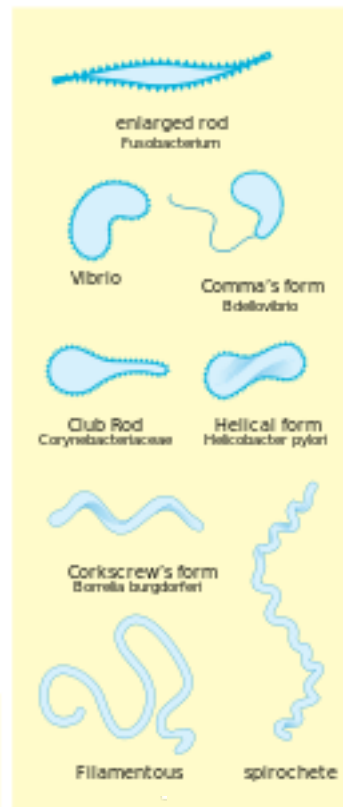
RuBisCO



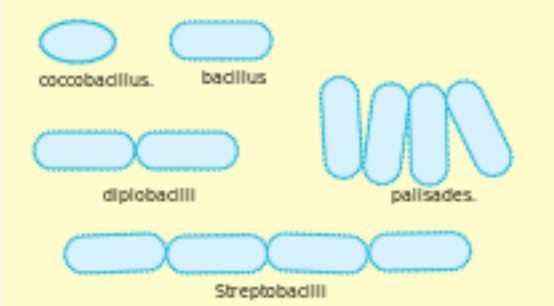
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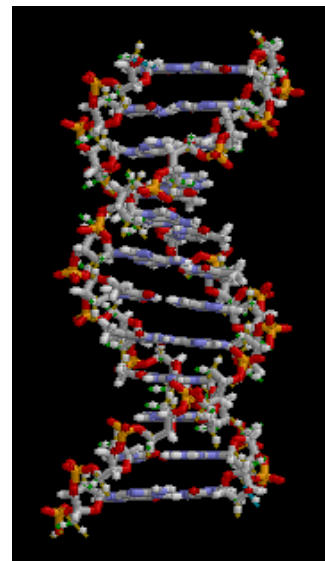
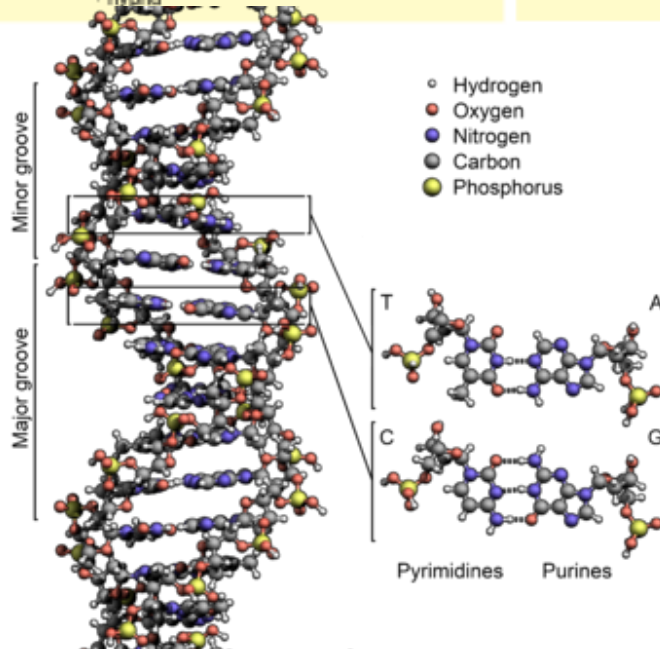
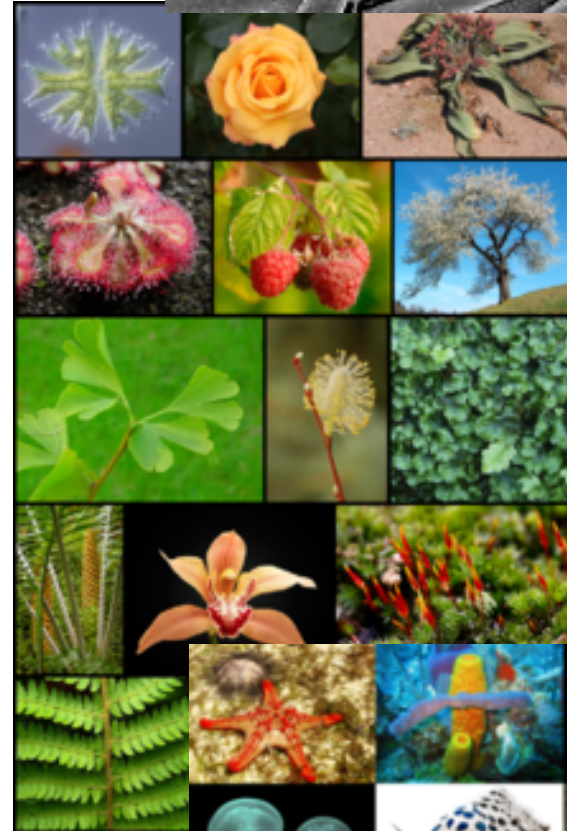
Others



Bacilli



Budding and appendaged bacteria





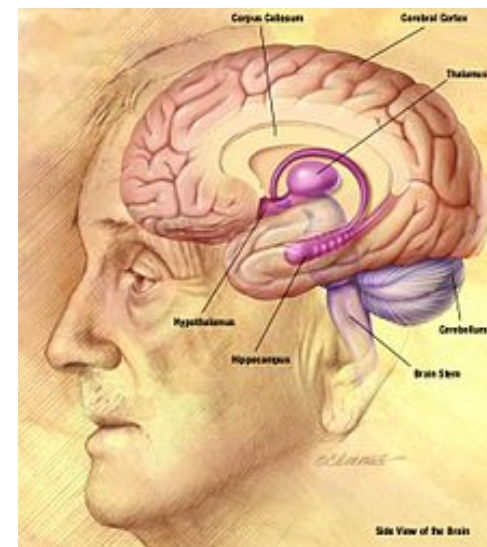
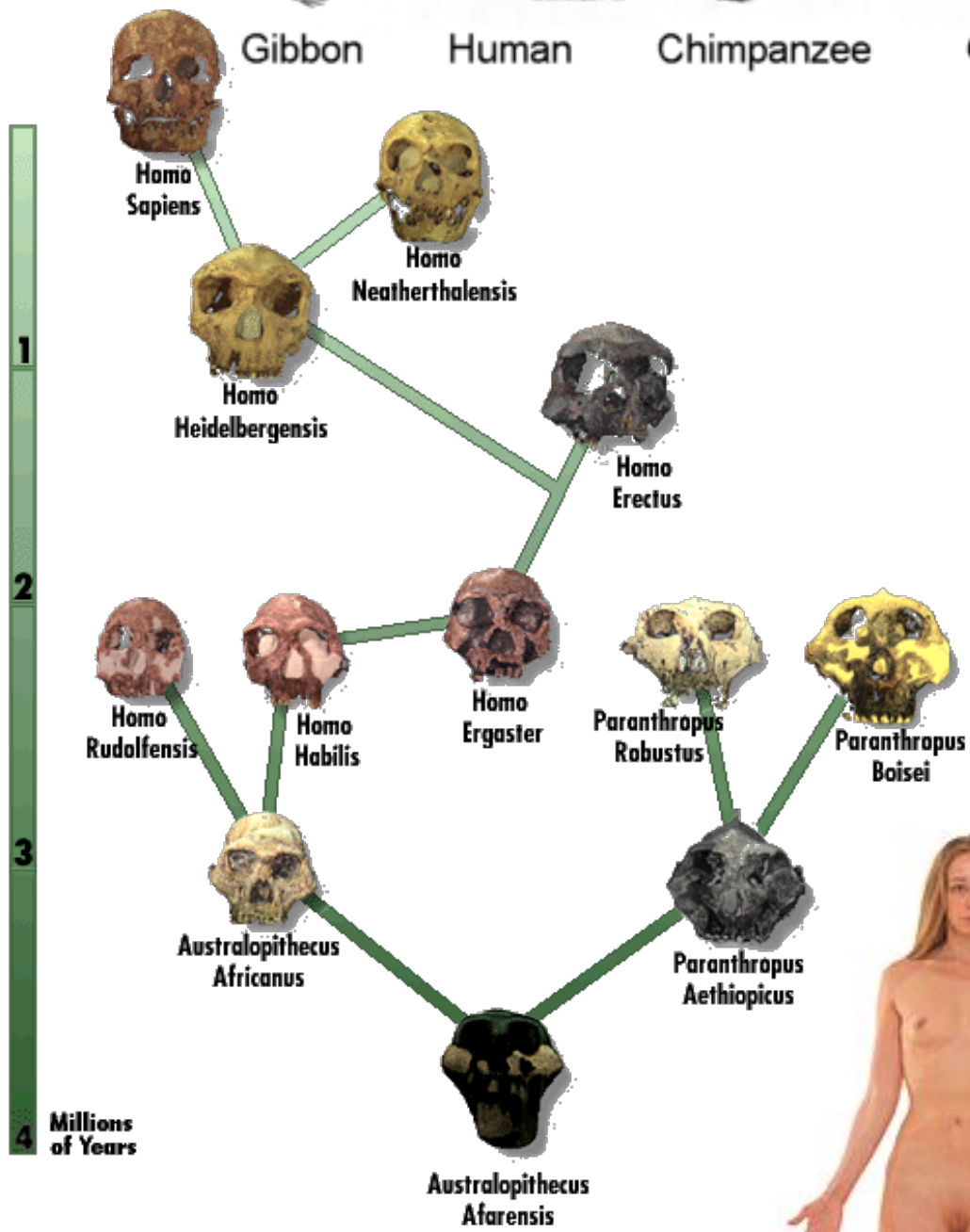
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

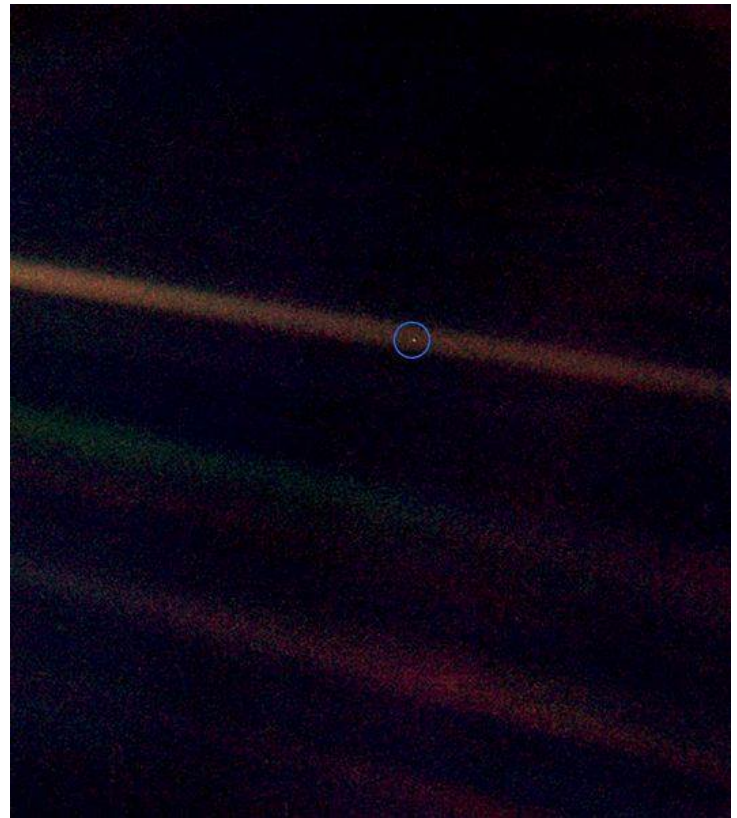
That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah, but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttury at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

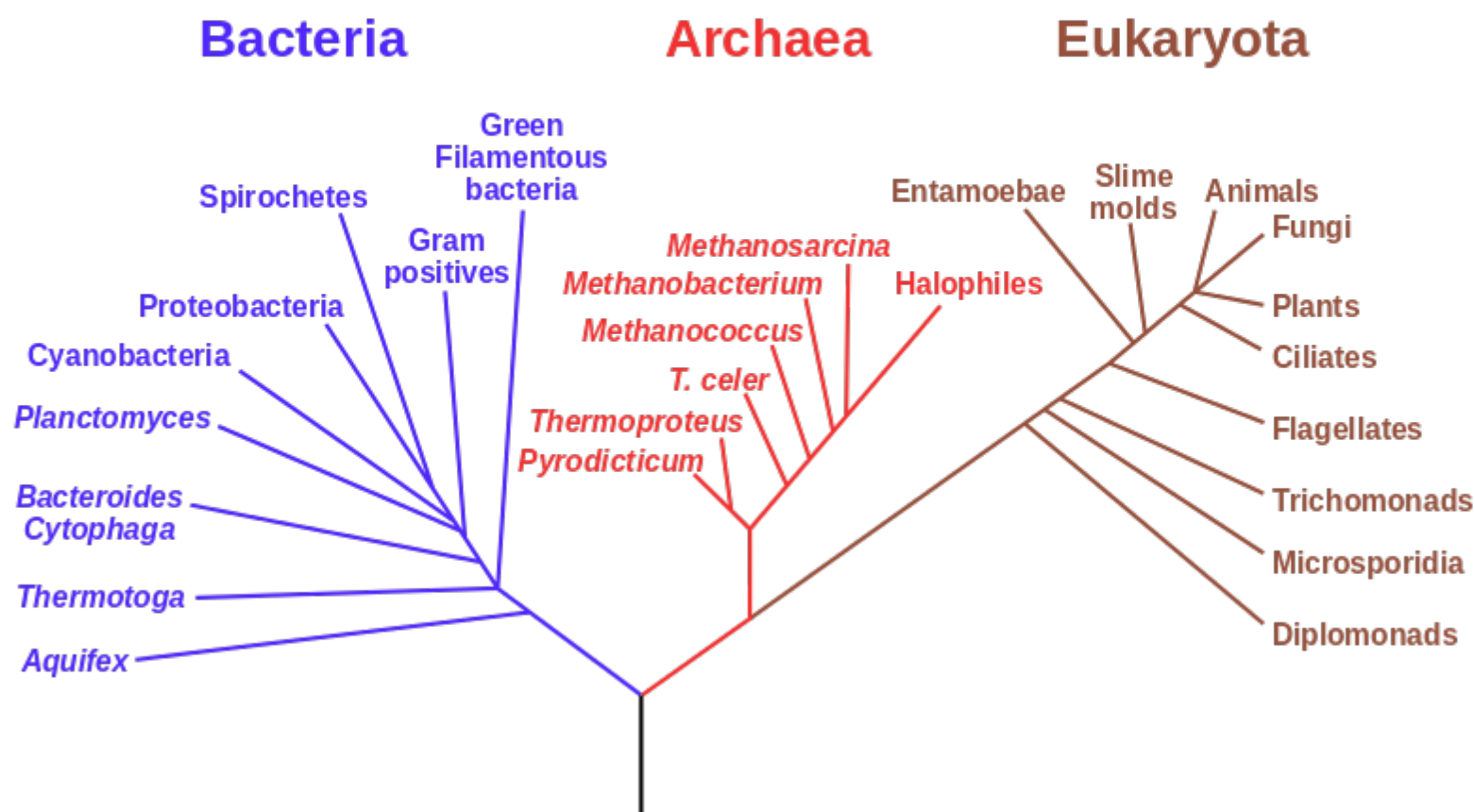
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

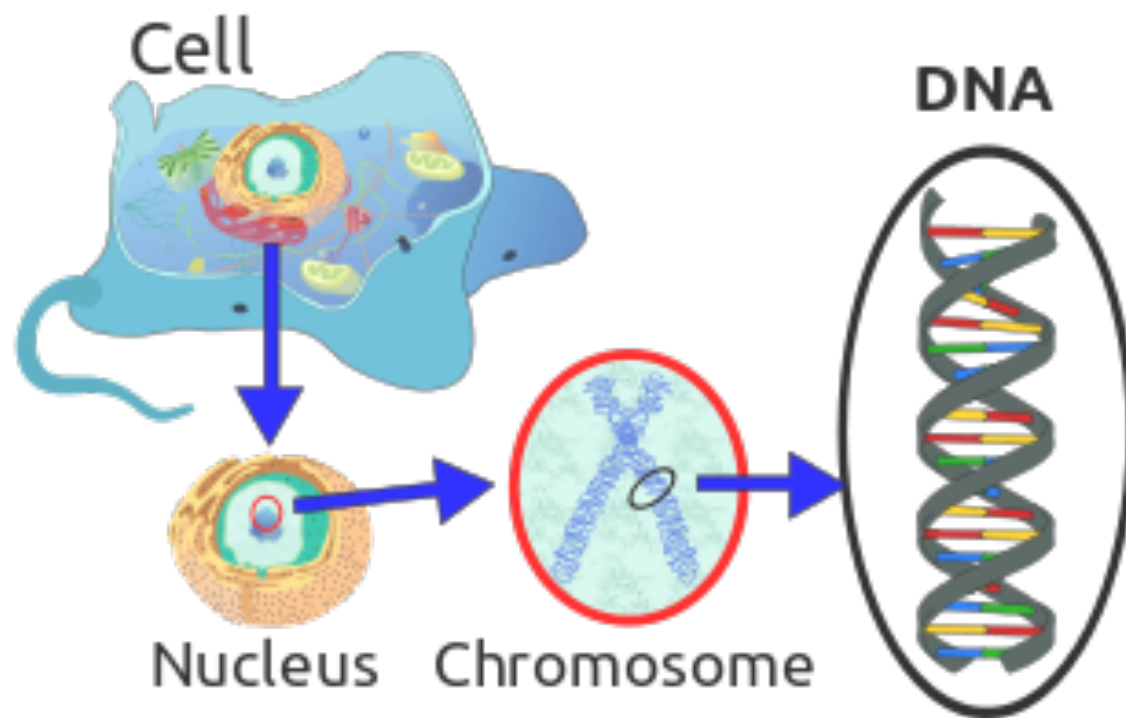
1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most—many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

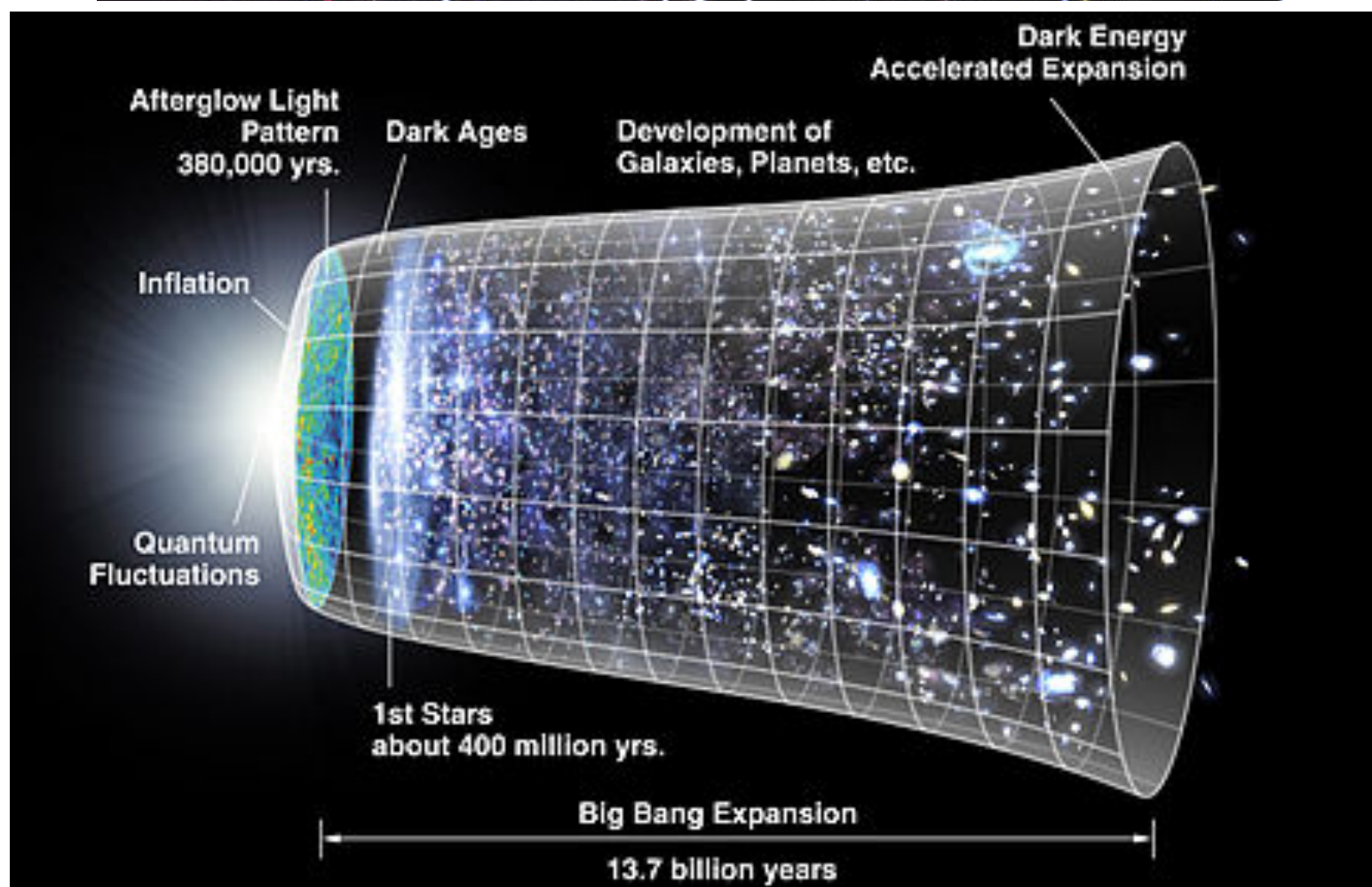
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6. What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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